

## Employment Related Services

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- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drug-free workplace, workplace violence, and suicide.
- The EAP is the point-of-contact for impaired health-care providers and assists with screening, referral to treatment, and return to duty.



The FT. Carson Employee Assistance Program is a *free service* available to Department of Army Civilian Employees, ***active duty-spouse and family members***, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, crisis intervention, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

### Employee Assistance Program FT. Carson

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## Employee Assistance Program



# ARMY STRONG



*What Soldiers and their families should know about FT Carson's EAP.*

We can help!

## Employee Assistance Program

*"Assisting with Challenges, Change, and Choices."*

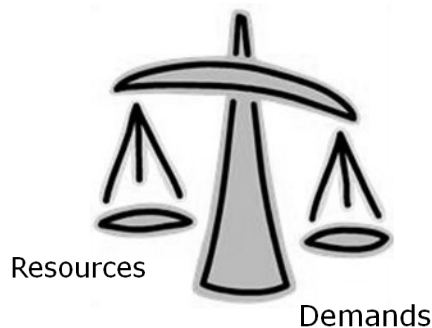
The issues encountered by individuals and their families as a result of military deployments, troop draw-down, and looming sequestration furloughs may be an underlying cause of employment related problems in the civilian workplace. Many active duty-spouses, former active duty soldiers separated from service, and retired military take jobs as civilian employees. In addition, transitioning from active duty to civilian life and work is likely to present many challenges. Fortunately, your Employee Assistance Program is available to assist at *no charge*.



## Civilian Assistance Services

Military families experience a unique set of stressors along with normal adult living problems. Preparing for deployments, handling home responsibilities while their soldier is deployed, adjusting to changes in their soldier's priorities discovered on redeployment, as well as emerging post-deployment issues such as caring for an injured service member all may become overwhelming.

Distress:



*When life becomes difficult, call us!*

- Assist active duty-spouse and family with transitioning and re-integration issues
- Help former military to adjust to and to understand the similarities and differences between active duty and the civilian workplace expectations
- Address spousal issues of substance use and abuse to avoid a threat to their soldier's career
- Assist with identifying Army and Community reporting and referral resources, for such issues as domestic abuse, sexual assault, and stalking, as well as assisting with financial, emotional, and spiritual concerns.

